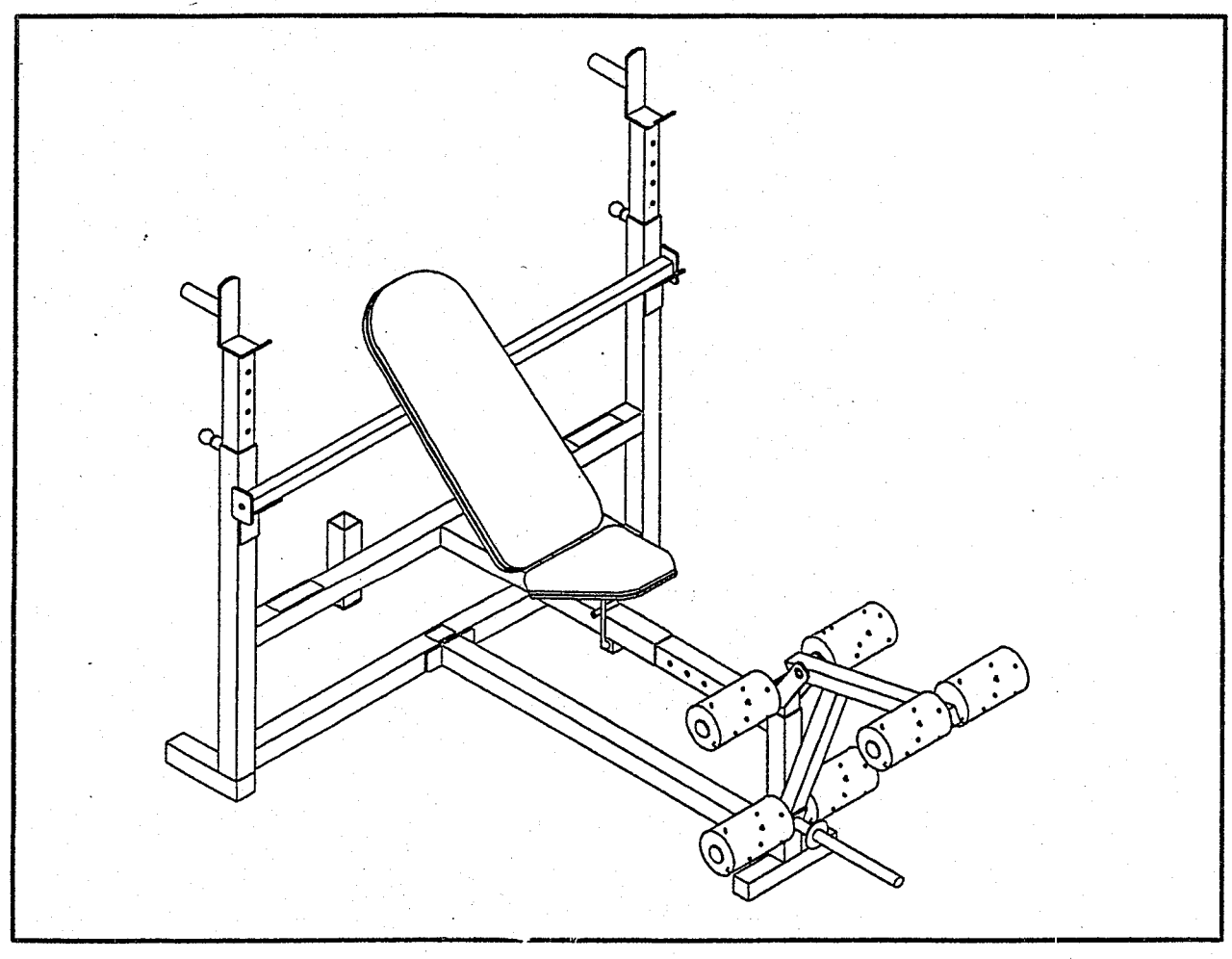
ARCHIVE

PARABODY

Strength Building Gear

807
BODYSMITH WORK OUT CENTER



PRODUCT ASSEMBLY INSTRUCTIONS SHEETS

REVISION D

FAX : 800 216 8893

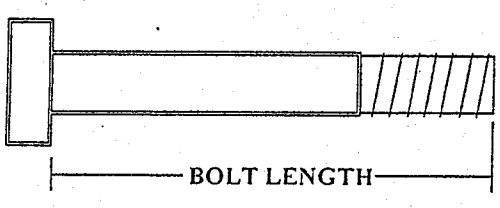
807 BODYSMITH WORKOUT CENTER. ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

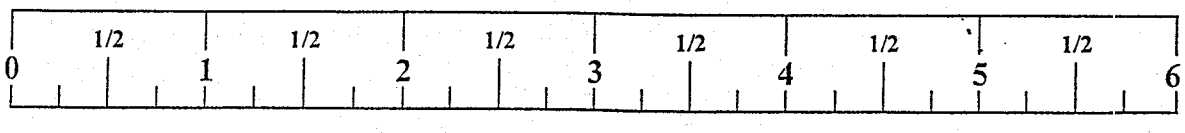
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3 IN. BOLT	1
2.	3/8 X 3 IN. BOLT	2
3.	3/8 X 2-3/4 IN. BOLT	1
4.	3/8 X 1 IN. BOLT	4
5.	1/2 IN. WASHER	2
6.	3/8 IN. WASHER	10
7.	3/8 IN. LOCK WASHER	4
8.	1/2 IN. LOW HEIGHT LOCK NUT	1
9.	3/8 IN. LOCK NUT	3
10.	SPRING PIN ASSEMBLY	3
11.	1/2 IN. FLANGE BEARING	2
12.	STAR LOCK COLLAR	6
13.	PAL NUT	2
14.	THUMBSCREW	6
15.	1-1/4 X 5 IN. GRIP	2
16.	PARAGLIDE STRIP (8 PER)	3
17.	3/4 IN. SQ. RUBBER BUMPER	1
18.	2 IN. SQ. END CAP	6
19.	1-3/4 IN. SQ. END CAP	4

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



807 BODYSMITH WORKOUT CENTER. ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	UPRIGHT FRAME WLDMT	(6406901)	1
2.	BENCH FRAME WLDMT	(6407501)	1
3.	HEIGHT ADJUSTMENT BAR WLDMT	(6111001)	1
4.	WOLFF SLEEVE WLDMT	(6406601)	1
5.	BASE LEG WLDMT	(6407801)	1
6.	SADDLE WLDMT	(6407301)	2
7.	LEG EXTENSION NECK WLDMT	(6407201)	1
8.	LEG EXTENSION WLDMT	(6024701)	1
9.	HINGE TAB	(6406401)	4
10.	U-PIN	(6406501)	2
11.	ROLLER PAD SHAFT	(6125101)	2
12.	ROLLER PAD	(6194601)	6
13.	SEAT PAD	(6452501)	1
14.	BACK PAD	(6452401)	1

8. **SECURELY** assemble the **BENCH FRAME** to the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, one (1) 3/8 X 2-3/4 IN. BOLT, six (6) 3/8 IN. WASHERS, and three (3) 3/8 IN. LOCK NUTS.

9. Attach eight (8) PARAGLIDE STRIPS to both **UPRIGHT TUBES** on the **UPRIGHT FRAME (FOUR FOR EACH UPRIGHT)** as shown in **(DETAIL A)** using the following steps:

   - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
   - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.

10. Attach eight (8) PARAGLIDE STRIPS to the bottom of both **SADDLES** as shown in **(DETAIL C)** using the steps outlined in **STEP 9**

11. Slide two (2) 1-1/4 X 5 IN. GRIPS over the **DIP HANDLES** of both **SADDLES. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)**

12. Pull back the SPRING PIN on the **UPRIGHT TUBES**, and insert the **SADDLES** as shown on drawing. Slide the **SADDLE** down to the desired height and release the SPRING PIN into the hole.

13. Secure the **SADDLES** in place with two (2) THUMBSCREWS as shown on drawing.

14. Attach two (2) THUMBSCREWS to the **DIP TUBES** on the **UPRIGHT FRAME** as shown on drawing. When ready to perform the **DIP EXERCISE**, simply insert the **SADDLES** into the **DIP TUBES** and tighten the two (2) THUMBSCREWS.

15. To assemble the **SEAT PAD** to the **WOLFF SLEEVE**, start by sliding two (2) **HINGE TABS** over the **PIN** of the **WOLFF SLEEVE (ONE ON EACH SIDE)** as shown on drawing, and **SECURELY** assemble each **HINGE TAB** to the **SEAT PAD** using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. **(MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN)**

16. To assemble the **BACK PAD** to the **WOLFF SLEEVE**, slide the two (2) remaining **HINGE TABS** over the **PIN** of the **WOLFF SLEEVE (ONE ON EACH SIDE)** as shown on drawing, and **SECURELY** assemble each **HINGE TAB** to the **BACK PAD** using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. **(MAKE SURE BOTH HINGE TABS ARE UP AGAINST THE OTHER HINGES)**

17. Insert one (1) 1-3/4 IN. SQ. END CAP into the top of the **LEG EXTENSION NECK** as shown on drawing.

18. Slide two (2) **ROLLER PADS** over each end of the **SHAFT** of the **LEG EXTENSION NECK**, as shown on drawing , and hold in place using two (2) STAR LOCK COLLARS.

19. Insert three (3) 1-3/4 IN. SQ. END CAPS into the ends of the **LEG EXTENSION** as shown on drawing.

20. Insert two (2) 1/2 IN. FLANGE BEARINGS into the **BUSHING** on the **LEG EXTENSION** as shown on drawing.

807 BODYSMITH WORKOUT CENTER. ASSEMBLY INSTRUCTIONS

THANK YOU

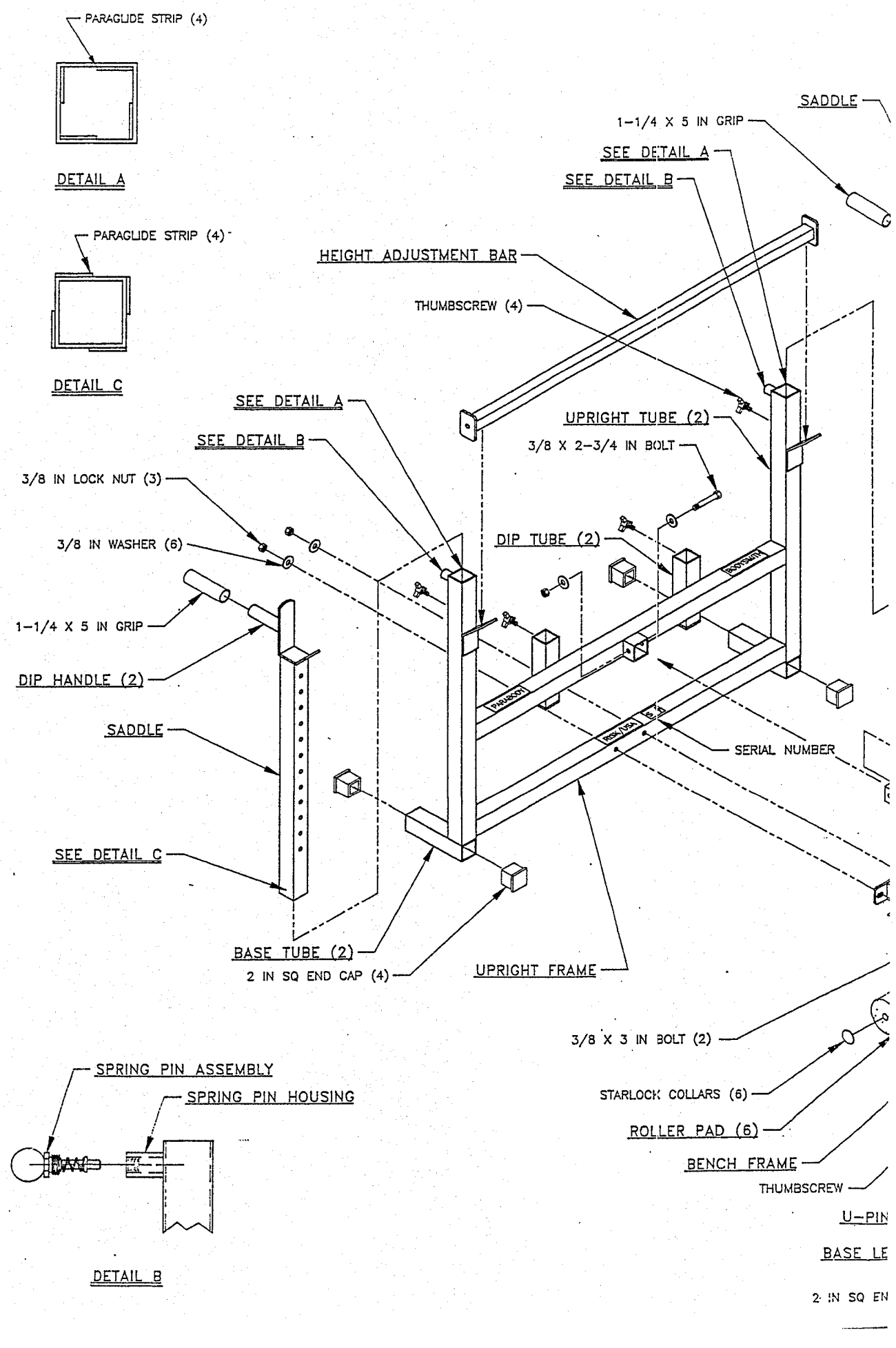
FOR PURCHASING THE *807 BODYSMITH WORK OUT CENTER*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

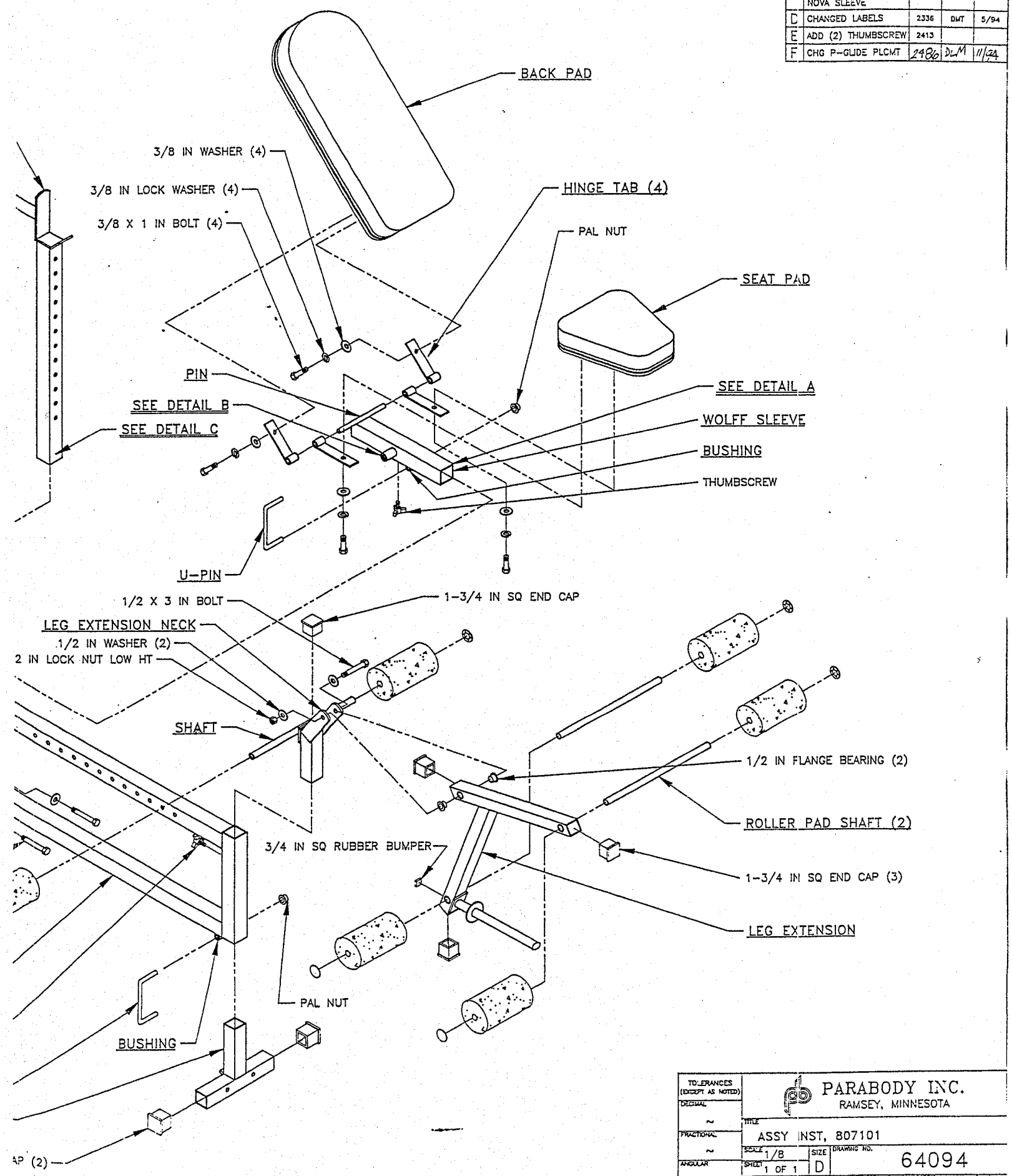
- THE *807 BODYSMITH WORK OUT CENTER* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 9/16 SOCKET or WRENCH, 3/4 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER

1. Attach eight (8) PARAGLIDE STRIPS to the **WOLFF SLEEVE (FOUR ON EACH END)** as shown in **(DETAIL A)** using the following steps:
   - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
   - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
2. Insert one (1) U-PIN through the **BUSHING** of the **WOLFF SLEEVE** and one (1) U-PIN through the **BUSHING** of the **BENCH FRAME** as shown on drawing, and attach two (2) PAL NUTS to the ends of the U-PINS.
3. **SECURELY** Assemble three (3) SPRING PIN ASSEMBLIES to the **SPRING PIN HOUSINGS** , two (2) on the **UPRIGHT TUBES**. and one (1) on the **WOLFF SLEEVE** as shown in **(DETAIL B)** **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
4. Pull back the SPRING PIN on the **WOLFF SLEEVE** and slide it over the end of the **BENCH FRAME** as shown on drawing. Engage the SPRING PIN into one of the adjustment holes. Secure the **WOLFF SLEEVE** in place with one (1) THUMBSCREW.
5. Insert two (2) 2 IN. SQ. END CAPS into both ends of the **BASE LEG** as shown on drawing.
6. Insert the **BASE LEG** into the front of the **BENCH FRAME** as shown on drawing. **(MAKE SURE THAT THE TAB ON THE BASE LEG IS UNDER THE BENCH FRAME)**
7. Insert four (4) 2 IN. SQ. END CAPS into the **BASE TUBES** of the **UPRIGHT FRAME** as shown on drawing.

MARK NO.	DESCRIPTION
	AS SHOWN



REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	~	MGN	3/94
B	UPDATE DRAWING	2290	DMT	3/94
C	WOLFF SLEEVE WAS NOVA SLEEVE	~	~	~
D	CHANGED LABELS	2336	DMT	5/94
E	ADD (2) THUMBSCREW	2413		
F	CHG P-GLIDE PLCMT	2486	DLM	11/24



TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA			
DECIMAL ~	TITLE ASSY INST, 807101			
FRACTIONAL ~	SCALE 1/8	SIZE D	DRAWING NO. 64094	
ANGULAR ~	SHEET 1 OF 1			
	DR JWE 1/94	CHK'D DLM 11/94	APP'D DLM 11/24	